000054 - Roasted Butternut Squash :	Components	Attributes	Allergens	Allergens	Allergens
000054 - Roasieu Builemul Squasii .	Components		Present	Absent	Unidentified
HACCP Process: No HACCP Process	Meat/Alt:				? - Milk
Number of Portions: 100	Grains:				? - Egg
Size of Portion: 1/2 CUP	Fruit:				? - Peanut
	Vegetable: 0.5 cup				? - Tree Nut
	Milk:				? - Fish
					? - Shellfish
					? - Soy
					? - Wheat

Ingredients	Measures	Instructions			
011485 SQUASH,WNTR,BUTTERNUT,RAW	3 gals + 2 cups	1. Peel and medium dice squash.			
799939 GARLIC,RAW	1/2 cup 1/4 cup 2 Tbsp 2 Tbsp	2. Combine squash, minced garlic, rosemary, oil, and salt in a large bowl. Toss until vegetables are fully coated.  3. Place in a single layer on a sheet tray with parchment paper. Roast in 400° F oven for 30 minutes or until tender. Hold hot for service.			

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

				ratification are a	bacca apon i i cinon on	-0 ( 1/2 001 )	,	
Calories	35 kcal	Cholesterol	0 mg	Sugars	*1.5* g	Calcium	35.10 mg	9.00% Calories from Total Fat
Total Fat	0.35 g	Sodium	97 mg	Protein	0.75 g	Iron	0.51 mg	1.48% Calories from Saturated Fat
Saturated Fat	0.06 g	Carbohydrates	8.43 g	Vitamin A	7443.5 IU	Water <sup>1</sup>	*60.94* g	*0.00%* Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.43 g	Vitamin C	14.9 mg	Ash <sup>1</sup>	*0.57* g	96.22% Calories from Carbohydrates
								8.52% Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>&</sup>lt;sup>1</sup> - denotes optional nutrient values

<sup>&</sup>lt;sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.